

## Tompkins Park Older Adult Center

550 Greene Avenue

Brooklyn, NY 11216

(718) 638 – 3000

OPEN

MONDAY – FRIDAY

9:00 AM – 4:00 PM

### Our Team

WORDNYC.ORG

Manuel Alls, Jr. – malls@wordnyc.org

Shara Yarde—syarde@wordnyc.org

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Edward Stevens

Terrence Jordan

Shelton Davis

### **Special Thanks to**

Ms. Arlene Murray

Ms. Theresa Hui

Funded by NYC Aging

**Free Program for Ages 60+**

**Bring Proof of ID for Enrollment**

*Like wildflowers;*

*you must allow yourself to grow  
in all the places people  
thought you never would*



### **PANTRY**

New York Common Pantry

(60+ Must bring ID)

July 27th, 2026 from 10am—1pm

**Walmart Trip | July 7th**

Center Light | July 8th

**Wayside Cookout | 9th**

Special Touch Homecare | July 13th

**Birthday Celebration | July 16th**

Center Light Presentation | July 20th

NY Connect | July 21st

Assisted Homecare | July 23rd

**City Island Trip | July 24th**

Common Pantry | July 27th

**Cyclone Baseball Trip | July 29th**

Emergency Preparedness | July 31st

**Birthday Celebration**

**July 16th**

# *Tompkins Park Older Adult Center*



# *July 2026*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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# JULY 2026



6.  
9AM—Breakfast  
11AM—Dance w/ Kuniko  
12PM—Lunch  
1PM—Writing Class  
  
1PM— Hand Embroidery  
2PM—Knitting/Crochet Circle

7. 9AM—Breakfast  
10AM—Art Creative Circle  
10AM— **TRIP: WALMART**  
11AM—Line Dancing  
12PM—Lunch  
1:30PM—Computer Class (Cantonese)  
1:45PM—Chair Exercise  
2PM—Sewing Circle

8.  
9AM—Breakfast  
10 AM—NYRR Striders  
11AM—Meditation  
12PM— Lunch  
2PM—Art Class

Center light

9.  
9AM— **TRIP: WAYSIDE COOKOUT**  
10AM—Music class  
12PM—Lunch  
1PM—KARAOKE  
  
1:30PM—Computer Class (Cantonese)  
2PM—NYRR Fitness

10.  
9AM—Breakfast  
10AM—Art Creative Circle  
11:15AM—AFCBI Zumba **Gold**  
12PM—Lunch  
2 PM—BINGO

13.  
9AM—Breakfast  
11AM—Dance w/ Kuniko  
12PM—Lunch  
1PM—Writing Class  
2PM—Knitting/Crochet Circle

Special Touch Care

14. 9AM—Breakfast  
10AM—Art Creative Circle  
11AM—Line Dancing  
12PM—Lunch  
1:30PM—Computer Class (Cantonese)  
1:45PM—Chair Exercise  
2PM—Sewing Circle

15.  
9AM—Breakfast  
10 AM—NYRR Striders  
11AM—Meditation  
12PM— Lunch  
2PM—Art Class

16.  
9AM—Breakfast  
10AM—Music class  
11:30AM—**BIRTHDAY CELEBRATION**  
1PM—KARAOKE  
1:30PM—Computer Class (Cantonese)  
2PM—NYRR Fitness

17.  
9AM—Breakfast  
10AM—Art Creative Circle  
11:15AM—AFCBI Zumba **Gold**  
12PM—Lunch  
2 PM—BINGO

20.  
9AM—Breakfast  
11AM—Dance w/ Kuniko  
**10AM— Center light (Presentation)**  
12PM—Lunch  
1PM—Writing Class  
2PM—Knitting/Crochet Circle

21. 9AM—Breakfast  
10AM—Art Creative Circle  
10:30AM  
11AM—Line Dancing 

NY Connect

  
12PM—Lunch  
1:30PM—Computer Class (Cantonese)  
1:45PM—Chair Exercise  
2PM—Sewing Circle

22.  
9AM—Breakfast  
10 AM—NYRR Striders  
11AM—Meditation  
12PM— Lunch  
2PM—Art Class

23.  
9AM—Breakfast 

Assisted Home care

  
10AM—Music class  
12PM—Lunch  
1PM—KARAOKE  
1:30PM—Computer Class (Cantonese)  
2PM—NYRR Fitness

24.  
9AM—Breakfast  
10AM—Art Creative Circle  
10AM— **TRIP: CITY ISLAND**  
11:15AM—AFCBI Zumba **Gold**  
12PM—Lunch  
2 PM—BINGO

27.  
9AM—Breakfast 

Common Pantry

  
11AM—Dance w/ Kuniko  
12PM—Lunch  
1PM—Writing Class  
2PM—Knitting/Crochet Circle

28. 9AM—Breakfast  
10AM—Art Creative Circle  
11AM—Line Dancing  
12PM—Lunch  
1:30PM—Computer Class (Cantonese)  
1:45PM—Chair Exercise  
2PM—Sewing Circle

29.  
9AM—Breakfast  
10 AM—NYRR Striders  
  
10:30— **TRIP: CYCLONE BASEBALL**  
11AM—Meditation  
12PM— Lunch  
2PM—Art Class

30.  
9AM—Breakfast  
10AM—Music class  
12PM—Lunch  
1PM—KARAOKE  
1:30PM—Computer Class (Cantonese)  
2PM—NYRR Fitness

31.  
9AM—Breakfast  
10AM—Art Creative Circle  
11:15AM—AFCBI Zumba **Gold**  
12PM—Lunch  
**1PM— Emergency Preparedness**